

### What We Should Eat.

The white bread which we are accustomed to see on American tables is the chief cause of the modern dyspepsia and decaying teeth, not because of what it contains, but because it lacks the elements which go to make brain, nerve and bone. Just as salt, according to the boy's definition, is that which makes potatoes taste bad if you don't put any on.

The whiter the bread you give to your children the surer their teeth will fall them, and the sooner the dentist will be in requisition. Now, by all the excruciating pains, by all the agonizing tortures, by all the sleepless hours which you have suffered by reason of unsound and aching teeth, do what you can to spare your children all like experience which are unnecessary and preventable.

What shall be done? There is a bread-food exactly adapted to the needs of the system in building bone, brain and nerve. This is the whole-wheat flour, prepared by the cold-blast process. Unfortunately, it is distasteful to many, partly because their taste is educated to prefer the fine bolted flour, and partly because the cooks are unskilled in its preparation. But to a mother whose love for her children is discriminative enough to take an intelligent look into their future, it would be the best day's work she ever did to learn how to make appetizing whole-wheat flour bread; and it is a simple task, much less complicated than the usual way of making white bread.

A convenient and easy method of using brown or Graham flour—which, although inferior to the fine bolted flour—is as follows: Having set your sponge for bread with yeast as usual, in the morning pour off into the pan of white flour the portion you desire to make into white bread, say two-thirds. Reserve in the sponge-bowl the remainder, and to it add a teaspoonful of salt, and as much Orleans molasses as will sweeten the bread to your taste. Then stir in brown or Graham flour sufficient to make a stiff batter, which yet must be soft enough to settle down to a smooth surface of itself, and immediately put it into well-larded baking-pans to rise. It will require several hours to rise; a longer time than well-kneaded, white bread dough; so that your brown bread will usually be ready for the oven but a half hour before the white bread is light enough to bake, although the latter has been required to rise twice in the mean time. Therefore, once heating the oven is all that is necessary. But remember, that brown bread, with molasses as one of its ingredients, will easily burn; and that the heat required is about one-third less than for white bread. A little shortening will be an improvement to the above recipe, making the bread tender and moist.

### CHEAP QUININE.

A Process Whereby It Can be Manufactured at Six Cents Per Ounce.

It is not a little vexatious that a well-known article of medical consumption is about to be immensely cheapened just at the time that people are better able to dispense with its use than at any other date in the history of the drug trade. The modern processes of scientific drainage have abolished a large part of the tendency to "shake" which was formerly a characteristic of the American, especially those him who had settled on new lands. The sections of our broad country that are now awaiting settlement are those in which water is scarce, and the swamp would almost be welcomed instead of a nuisance. In both the new and the old, quinine is of very much less value than formerly, and not a small part of its current consumption is of the artificial sort. It still sells at nearly seventy cents per ounce at wholesale, and at retail for as much as the conscience of the druggist will permit him to charge. But even this is an immense decline from the nearly three dollars per ounce which was charged at wholesale two or three years ago, and German article can be bought for considerably less than the inside price above quoted.

It is now reported that an English chemist—Dr. Creswell Hewett, of London—has discovered a process whereby the best quinine can be manufactured at a cost not exceeding threepence per ounce. He stumbled on the secret by accident, the clue being furnished by the breaking of a medicine bottle; but it is none the less valid, as the new preparation is not simply an imitation, but an actual reproduction of a true and complete chemical synthesis. The results of the new process are said to have been exhibited to leading manufacturers of the old-fashioned quinine and was pronounced the best they have ever met with. If there be no mistake

about all this the occupation of the men who now draw about 200,000 annually from the British Government for the cultivation of the cinchona tree in India will be gone.—Chicago Tribune.

### HOMICIDE AT STRAW BOARD WORKS.

A. B. Martin Struck With a Pitchfork Handle by Charles Asher, Causing Death in a Few Hours.

Between 6 and 7 o'clock, Thursday evening, 4th inst., in the engine room of the Straw Board Works, in this city, A. B. Martin, an engineer, and Charles Asher, employed in the straw room, quarrelled about some trifling matter, during which it is claimed Martin applied some harsh epithets to Asher, who procuring from an adjoining room the handle of a pitchfork, struck Martin twice with it upon the head, the first blow felling him to the floor. Notwithstanding the assault, Martin rallied and walked to the Mayor's office, where he informed Mayor Lowe of the assault and requested the arrest of Asher. He then stepped into the office of Dr. A. W. Thompson, where the wounds were dressed by Drs. Thompson and Wright. He was taken to the Union House, and soon sank into a comatose state in which condition he remained until about 2 o'clock Friday afternoon when he died.

Coroner Lowe held an inquest and Drs. Thompson and Wright made a post mortem examination of the body of deceased and found that the skull was fractured in two places. The Coroner, after hearing the testimony, rendered his verdict that Martin came to his death from blows received from a pitchfork handle, purposely and maliciously inflicted by Charles Asher.

Asher was arrested, Friday morning. On Monday he was brought before Mayor Lowe for preliminary hearing upon the charge of murder in the first degree. He waived an examination and was remanded to jail.

Martin was 26 years of age. He was born at Portsmouth, O., reared at Waverly. He was formerly fireman on C. W. B. railroad, and afterwards engineer on Scioto Valley road. He had been in the employ of the Straw Board Works more than a year. He leaves a wife and child.

Asher is about 22 years of age, and came here from Gallipolis, a few months since.—Circleville Democrat and Watchman.

**Words! Words! Words!**  
The venerable lawyer, David Dudley Field, who can talk by the week, made some sensible observations at Buffalo in an address on law and lawyers regarding legal verbosity. More than nine hundred words are used in a deed where two hundred would answer. "Money paid" would be sufficient, but the lawyer writes "money paid, laid out and expended"; "work" is readily understood, but "work, labor and service" is the verbose form. All this makes a lot of unnecessary work, labor or service, and causes much money to be paid, laid out or expended.—Boston Herald.

### Disposed of.

Bobby was evidently very much perplexed. "I want to ask you, Mr. Featherly," he finally said during a lull in the conversation, "about your house and lot." "I have no house and lot, Bobby," replied Featherly, a trifle uneasily. "I sold them some time ago." "Sold 'em?" repeated Bobby, "then pa must have made a mistake. I heard him say you drank 'em up!"

In Europe farmers prefer to keep sheep for wool on soils containing lime, as they say on such soils the quality of wool is better.

### At The Front.

"At the Front," is illustrated by the powerful oxyhydrogen light with over 125 actual war views, taken by the government photographer from 1861 to 1865. These are real photographs, and with the aid of the powerful lenses of the Stereopticon, they give graphic scenes of our war days at Antietam, Gettysburg, the Wilderness, Petersburg and Richmond. These views are so realistic that the veteran seems to hear the again the awful "screech" of the of the shell and the angry "ping" of the rifle ball, as the terrible and once familiar scenes pass before him.

### ISAIAH VORIS —Dealer in— Celebrated Hayden Coal

Coal delivered in any quantity to any part of the city at the lowest market price.

Leave orders at Geo. Fox's Meat Store.

Mr. Voris has also an extensive VEGETABLE GARDEN, and is prepared to furnish all kinds of Vegetables Fresh every morning from his garden.

### Reasonable Prices & Fair Dealing

To all who may give him their patronage.

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### THE INTERIOR FOR 1887

The interior is one of the youngest but has the largest circulation of any paper in the Presbyterian Church. Established March 17 1887.

Circulation 25,000 a Week.

A complete story in each number; A full page for the young people; Wide-awake on all questions; Orthodox and evangelical.

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"THE INTERIOR FAMILY" is a large one, but always room for another one. Come and join us. Address

THE INTERIOR,  
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### VALUABLE FARM FOR SALE.

Located in Marion Township three miles northeast of Enterprise, Hocking Co. Ohio.

165 Acres in Good Condition.

With all necessary buildings in good repair. TERMS EASY. For particulars call on

JACOB F. BAUER,  
On premises, or address him at Logan, O



DR. O. C. FARQUHAR,  
PHYSICIAN AND SPECIALIST  
Zanesville, Ohio.

**CURES:** Deformities, Stiff Joints, Lung Diseases, Piles, Asthma, Bronchitis and Consumption (in its incipient stage) Rheumatism, Liver Complaint, Dyspepsia, St. Vitus' Dance, Fits, Kidney and Blood Diseases, catarrh, Head Ache, Weak and Aching Back, Neuralgia and all and every Chronic Disease, Old Sores, Scrofula and all Skin Diseases.

I locate the disease, by making a chemical examination of a sample of the patient's urine. The first passed in the morning preferred.

My treatment for Piles is new, painless, safe and certain. My own Method.

All disease caused from secret habits, Loss of Virility, Manhood and Vital Force treated successfully, as thousands can testify, whose life, previous to cure, was miserable.

Female Diseases of all kinds, successfully cured in a short time.

### IN LOGAN.

—AT THE—

REMPPEL HOUSE.

THURSDAY AND FRIDAY,  
DEC. 9 AND 10.

TERMS CASH, PRICES REASONABLE.

### The Benefactors of the Human Race.

"Who are the benefactors of the human race?" thundered the lecturer, as he brought his hand down upon the desk with a thump that made a water-spout rise out of the pitcher; "where are the benefactors of the human race, I ask?"

"I guess I'm one of 'em," said a little quint-ey man, rising in a back seat.

The lecturer was rather taken back, but after a pause managed to inquire:

"And what have you done—built a railroad?"

"No, sir, I've invented a bed-bug poison."

### Best Quality of Seed Wheat.

Farmers desiring to secure the best of Martin's Amber wheat, White wheat, also the prolific, hardy European wheat, for seed, can secure the same of Col. Rempel, at his warehouse in Logan, O. The crops of the above wheats for the seasons of 1885 and 1886 have been very satisfactory and largely beyond the product of the common wheat heretofore raised in this county. Come and examine it.

### FOUTZ'S HORSE AND CATTLE POWDERS



Foutz's Powders will cure all kinds of Cuts, Bruises, Burns, Scalds, etc. Foutz's Powders will prevent Gapes in Poultry. Foutz's Powders will increase the quantity and quality of the milk of the cow and make the butter firm and sweet. Foutz's Powders will cure or prevent all sorts of Diseases to which the horse and cattle are subject. Foutz's Powders will give satisfaction. Sold everywhere.

DAVID E. FOUTZ, Proprietor, BALTIMORE, MD.

For sale by F. F. Rempel, Logan, O.

### STUKEY BROTHERS' SUMMER CORDIAL CRAMP CURE.

—AND—

Through-by-Night Pills.

For Sale by F. F. REMPEL and J. N. ALTOP, Logan, O. 3m 8

List of Justices of the Peace and Township Clerks of Hocking County, O.

### HOCKING TOWNSHIP.

JUSTICES OF THE PEACE.

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### THE Ohio Democrat, —AND— New York WEEKLY WORLD EACH ONE YEAR AND U. S. History —FOR— \$2.00.

If the History is sent by mail 10 cents extra must be sent to pay postage.

### Logan School Examiners Meetings.

The Board of School Examiners of Logan

Village will hold regular meetings for the examination of applicants for teachers certificates as follows: viz: ON THE THIRD WEDNESDAY OF FEBRUARY, APRIL, JUNE, AUGUST, OCTOBER AND DECEMBER at the office of the Superintendent, in the school building of said Village at 10 o'clock A. M. of each day.

By order of Examiners.

J. H. DYE, President.

A. H. WILSON, Clerk.

### Chicago & Atlantic Railway Company.

### TIME CARD.

Taking Effect July 11, 1886.

WESTWARD.

Stations. No. 1 No. 2 No. 3 No. 4

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